



Code of Conduct - Seniors

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Maidenhead Athletic Club

Code of Practice for Senior Members

Maidenhead Athletic Club (MAC) is fully committed to safeguarding and promoting the well-being of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with the Club Welfare Officer who can be reached at macwelfare@maidenheadac.org. Please also see our Welfare Policy on our website: <https://www.maidenheadac.org/information/>

As a responsible member of **Maidenhead Athletic Club**, I will:

- Abide by the most up to date UKA code of conduct for senior athletes found: https://drive.google.com/file/d/1e4Xac5gD5lR8Ba36ulin-BEoeiZRfCjC/view?usp=share_link or can be found on the England Athletics website
- abide by the MAC Child Safeguarding Policy and Child Safeguarding Procedures
- abide by the MAC Adult Safeguarding Policy and Adult Safeguarding Procedures
- abide by the MAC Health and Safety Policy
- respect the rights of every athlete, coach, technical official and others involved in athletics and treat everyone equitably
- uphold the same sporting values away from sport as I do when I am engaged in athletics
- participate within the rules of the sport, respect decisions of coaches and officials, and demonstrate respect towards fellow athletes
- cooperate fully with others involved in the sport such as coaches, technical officials, team managers, doctors, physiotherapists, sport scientists and representatives of the governing body in my best interests and those of other athletes
- consistently promote positive aspects of the sport and never condone rule violations or the use of prohibited substances



- anticipate and be responsible for my own needs, including being organised, having the appropriate equipment and being on time
- inform my coach of any other coaching that I am seeking or receiving
- act with dignity and display courtesy and good manners towards others
- in no way undermine, put down or belittle other athletes, coaches or practitioners
- avoid swearing and abusive language whilst in athletic venues, at club functions and events, or when as part of a team/squad
- never engage in any inappropriate or illegal behaviour
- challenge and report inappropriate behaviour and language by others
- not misuse or abuse sporting equipment and venues
- not carry or consume alcohol or illegal substances while training or competing in athletics
- maintain strict boundaries between friendship and intimacy with a coach or official
- use safe transport or travel arrangements
- act ethically, professionally and with integrity, and take responsibility for your actions.
- if serving on the MAC Committee, members should refrain from discussing committee business outside of committee meetings with non committee personnel unless agreed otherwise. Minutes of committee meetings are available for all members to view on the club website members area.
- members are also required to pay any fees promptly and are strongly encouraged to register with England Athletics.

In addition to the above when training under MAC's auspices:

- It is the responsibility of all members to follow track etiquette so as not to compromise the safety of other track and field users.
- It is the responsibility of all members to dress with appropriate light, reflective and /or high visibility kit. This is very important when running in the dark or poor visibility conditions.



- It is the responsibility of all members to make sure that no runner is left running alone. This is especially important when running off road, in the dark or poor visibility conditions.
- It is the responsibility of all runners to make sure that they cross roads at safe places and take responsibility for their own and their group's safety.
- It is the responsibility of the individual to bring to the attention of a coach before a session any illness, injury, or other factor that may affect their health and safety, or that of others, during a session.

BREACH OF THE CODE OF CONDUCT

I understand that if I do not follow the code, action can be taken by Maidenhead Athletic Club and I may:

- be asked to apologise for my behaviour
- receive a verbal warning from a coach or committee member
- receive a verbal or written warning from the club committee
- be suspended from attending club training sessions
- be suspended from the club
- be required to leave the club.

Please sign below:

I have read and understood the Code of Practice for Senior Members.

Signed: _____

Date : ____/____/____